

# Ski Trip 2016



# Format for the evening

- General information about the ski trip
- Presentation by Altitude about clothing and skiwear hire
- Presentation by Top Flight about the resort

The logo for Topflight, featuring the word "Topflight" in white sans-serif font on a blue rectangular background. A registered trademark symbol (®) is located to the upper right of the text. Below the text is a thick, curved orange line.The logo for Altitude, featuring a blue mountain range silhouette above the word "ALTITUDE" in a bold, blue, sans-serif font.

# Staff and Pupils

## Makeup of Trip

- 16 Boys
- 25 Girls
- 6 groups of 7 (approx) – 1 per staff member
- 1:7 pupil to staff ratio

## Staff Members

- Mr Bell
- Mr Finlay
- Mr Nicholl
- Mrs Bradley
- Mrs Dunlop
- Miss McQuillan

# Pre-trip meeting

- There will be a pre-trip meeting after school with pupils and staff
- Emphasis on good behaviour and safety
- Behaviour contract read and signed by parents and pupils
- Same standard of behaviour and cooperation as expected in school
- School sanctions will still apply
- Will be sharing hotel with other families

# Smoking

- Smoking is prohibited
- We want a clean, healthy environment
- Creates a very serious fire hazard in rooms, all fitted with smoke alarms



# Alcohol

- Not tolerated in any way - if this is a problem, don't go!
- We will check bags on the first night and carry out spot checks throughout the week
- If there is an incident, parents will be phoned regardless of time and if deemed very serious, pupils will be sent home accompanied by a Topflight Rep – applies to all serious behaviours
- School policy on ALL trips



# Resort

## Sestriere, Italy

- Sestriere is part of one of the world's largest ski areas, The Milky Way, located at 2025m.
- This is a snow sure area which reaches 2900m and has a lot to offer to every level of skier.



# Accommodation

## Hotel I Cavalieri

- 500 m from the city centre and 350 m from the ski-lifts
- Games Room
- Karaoke
- TV Room
- Theatre
- Recreational Rooms





# Rooms

- All the rooms have en-suite bathrooms, kitchenette, TV, telephone, hairdryer and most of them have balconies.
- Pupils will be in groups of 4. Rooms should be kept clean and tidy.
- At the end of the week rooms are subject to a damage inspection.
- You should clean the kitchen, or pay a final cleaning fee of EUR 100.
- Under no circumstances are pupils to leave their room once they have been checked in by staff at night

# Security of Personal Belongings

- Money - recommended amount €100-150
- A bank system will be run by the staff
- Each person responsible for personal belongings
- Arrangements can be made for younger pupils
- Money should not be left in rooms
- Difficult to claim for loss from insurance
- You usually have to have proof of purchase and show that you took due care of the item
- Do not bring extremely valuable belongings with you

# Passports

- All students **MUST** travel on their own passports
- Please make sure you know where your passport is and that it is valid
- Passports must be valid for both outbound and inbound journeys
- The name on the passport **MUST** be exactly the same as the name on the ticket



# EHIC Cards



What does the EHIC cover?

- If you have an accident or suddenly become ill you'll receive the necessary state-provided medical healthcare for at reduced cost, or sometimes free
- You'll be treated on the same terms as insured nationals of the country you're in
- Tip: carry your EHIC with you at all times to prove you are entitled to healthcare even when skiing

# The EHIC does NOT cover:

- All your medical costs
- Private treatment (generally not covered)
- Repatriation to the UK.

Remember: overseas state-provided healthcare may not cover things you receive for free on the NHS.

# How to get a new EHIC Card

- Online - The easiest way to apply is online. Check & Send Service is available 24 hrs a day, 365 days a year, at a cost of £14.99 per application. Standard applications are normally processed and delivered within 7-10 working days.
- At the Post Office - The Post Office Check & Send Service is available from participating Post Office Counter at a cost of £2 per application. Your application should be processed within 21 days.
- By Telephone - You can telephone the NHS Business Services Authority EHIC Application Line on 0845 606 2030. There is no charge to make an application by phone, but you will have to pay for the cost of the call. Your application should be processed within 7-10 working days.

# Pupil Welfare



- Fully comprehensive insurance cover
- Excess to be paid on insurance €120 approx
- Any medical expenses during the trip will be paid by the Party Leader who will be reimbursed by parents on return home
- Parents can then claim from insurance
- Pre-existing medical conditions should be notified to the insurance company

# Baggage Allowance

- Each pupil is allowed to check in one bag - 20kg
- Only one piece of hand luggage per person - 10kg, Max size 55cm H x 40cm W x 24cm D
- If over weight allowance you may be charged
- Containers with liquids and gels up to 100 millilitres – in transparent bag at security.





# Travel Arrangements

## Outward Journey

- Depart from Cambridge House by coach  
Saturday 19th March 2016 at 2am  
Flight departs Dublin 7:30am – Aer Lingus EI432  
Arrives Milan 11:40am  
Coach transfer to Sestriere takes approx 2hrs 45min  
Should arrive at Hotel I Cavalieri at 3:00pm

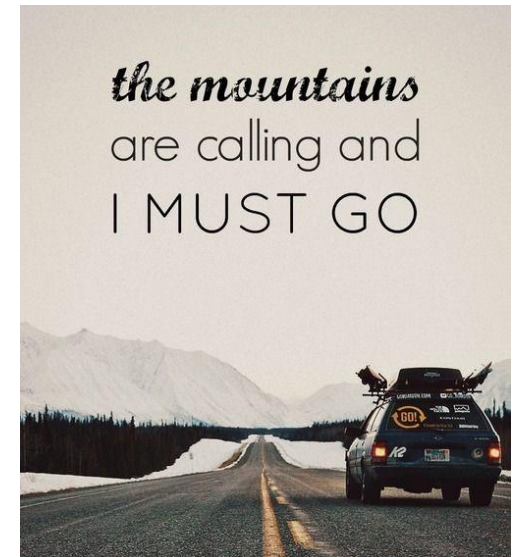
## Homeward Journey

- Saturday 26th March 2016  
Depart hotel at around 6:00am  
Flight departs Milan 11:00am – Aer Lingus EI433  
Arrive Dublin 1:20pm (exhausted!!)
- Coach transfer back to Cambridge House



# Most Important of All - Skiing

- 6 days snow sure skiing at Sestriere at 2035m and the Milky Way (world's largest ski area) up to 2900m
- 2 x 2 hour ski instruction morning and afternoon 9am-11am / 1pm-3pm
- The wearing of helmets is compulsory and included in price.
- Pupils NEVER allowed to ski on their own, only ever with an instructor or an adult - invalidates insurance
- Risks of injury can be reduced by following the ski code



# The Ski Code

- **Respect For Others**
- You must behave in such a way that you do not endanger others.
- **Control of Speed and Skiing**
- You must be in control, and adapt your speed and manner of skiing to your ability and the prevailing conditions of terrain, snow and weather, as well as to the density of other skiers.
- **Choice of Route**
- You must choose your route in such a way that, when coming from behind, you do not endanger others ahead.
- **Overtaking**
- Make sure that you leave enough room when overtaking others for any voluntary or involuntary movements that they may make.
- **Entering and Starting**
- When entering a marked run, or starting again after stopping, make sure that you look both up and down the run to ensure that you can do so without endangering yourself or other skiers.
- **Stopping on the Piste**
- Unless absolutely necessary, you must avoid stopping on the piste in narrow places or where visibility is restricted.
- **Climbing and Descending on Foot**
- When climbing or descending on foot, you must keep to the sides of the piste.
- **Respect for Signals and Markings**
- You must respect all signals and markings.
- **Assistance**
- If an accident occurs, every skier is duty bound to assist
  
- <http://www.bestskiinsurance.co.uk/ski-safety/ski-code-of-conduct.html>